
School Counselors and Freshman Year

FRESHMAN SEMINAR



What does a school counselor do???

Academic

Career/Post-High School Planning

Personal- Social/Emotional



confidentiality

WHAT are THE 3 EXCEPTIONS?

How do you make an appointment with your school counselor?

- **In person: See the School Counseling Secretary (Mrs. LaValley) to make an appointment during a time that you are free (during lunch or study hall)**
- **By email: Contact your school counselor directly (make sure to include your name, what you would like to discuss, and the available periods you have (lunch/study)**
 - **By special arrangements, students may see their counselor before or after school.**
- **If there is an EMERGENCY a student can go to the School Counseling office to see a counselor immediately... No Appointment Needed!!**
- **Please note that counselors may initiate a meeting and students should check their WHPS email regularly.**

What academic resources are available for students?

Several individuals and resources are available to help you to improve your grades:

- Extra help with your teacher.
- Your school counselor.
- Library staff.
- Sign out Laptop
- Homework Center.
- Academic Resource Center.
- Peer tutors.
- Private tutors.



How do you develop strong study habits?

Structured Study Time:

- Develop a clear and consistent study routine
- Begin with your hardest subject first
- Schedule in breaks

Late Bus available
Mon/Tues/Thurs 4pm;
Wed 3pm

Structured Study Place:

- Pick a quiet spot away from distractions
- Homework Center in the library after school. Monday, Tuesday, and Thursday from 2:30 to 3:45pm and on Wednesdays until 3:00pm.
- Homework Club (ARC) Monday/Thursday until 3:45pm (Snacks provided to the students who stay the whole time.)

What are Conard's graduation requirements?

To graduate from West Hartford Public Schools a student must have satisfactorily earned a **minimum** of **21.75** units of credit and must have met the credit distribution requirement.

Full Year Course = 1 credit
Half Year Course = $\frac{1}{2}$ credit
PE Full Year = $\frac{1}{2}$ credit
PE or Health Half Year = $\frac{1}{4}$ credit



Credit Distribution Breakdown

- **English 4.0 credits**
- **Math 3.0 credits**
- **Science 2.0 credits –**
 - 1 credit in physical science; 1 credit in life science
- **Social Studies 3.0 credits-**
 - 1 credit in Modern World History; 1 credit in U.S. History; ½ credit in American Government; ½ credit S.S. elective
- **Physical Education & Health 1.75 credits**
- **Arts and/or Technical Education 1.0 credit**
- **Electives 7.0 credits**

TOTAL 21.75 credits

District Performance Standards (testing) *** SAT junior year***

Transcript & Resume Review

Break into groups of 3-4.

Review the transcript and resume.

What do you notice?

What questions do you have?

Extracurricular Activities

Can you name....?

→ Four athletic teams offered at Conard?

→ Four clubs offered at Conard?

→ Four volunteer opportunities in the community?

Benefits of Getting Involved

What are some of the benefits from being involved in extracurricular activities?

- Meet new people
- Resume builder
- Develop new interests
- More structured time management
- Students are typically happier and academically more successful

Benefits of Getting Involved

Being part of a team or club provides many lessons that you can use beyond high school:

- Cooperation and teamwork skills.
- Appreciation of different abilities.
- Respect for other members.
- Social interaction skills.
- Goal-setting skills.
- Leadership skills.



We want to get to know YOU!!

**Please do your best completing the
Confidential Freshman Questionnaire
so we can be supportive
to you throughout Freshman year!**